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Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.

july/august 2021

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"Winter's a good time to stay in and cuddle / But put me in summer and I'll be a...  
happy snowman!"  
-Josh Gad, Olaf in Frozen



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## EDITOR'S NOTE



### The Top 10

**A** powerhouse for positivity, and known for its fun and quirky how-tos, 5-Minute Crafts sparks creativity as one of the most beloved video channels in today's social landscape. Just how beloved? 5-Minute Crafts boasts 74+ million YouTube subscribers -- and that's just on its flagship YouTube channel. The brand's success has resonated on many other platforms including Facebook, Instagram, TikTok, Pinterest, Snap and Roku and across a large brand portfolio: 5-Minute Recycle, 5-Minute Recipes and 5-Minute Crafts Family to name a few.

5-Minute Crafts is the world's only brand ranked among the top 10 channels (by subscribers / followers) on both YouTube and Facebook.

"Every year our 5-Minute Crafts teams challenge themselves to experiment and grow, and every year they manage to top themselves. They are incredibly versatile, finding ways to adapt to shifting trends and evolving platforms. Specifically on YouTube, this past year we quickly adopted the new Shorts format which resulted in millions of views and some of the best performing shorts of all time on the platform. It's a true testament to the team's success and I can't wait for the next five years," said Victor Potrel, Vice President of Platform Partnerships at TheSoul Publishing.

According to Tubular rankings, 5-Minute Crafts is the most viewed DIY digital brand in the world, and the fourth most viewed creator on Facebook and YouTube. Its parent company, TheSoul Publishing, sits beside the Walt Disney Company as the media and entertainment company with the most unique global viewers in 2020 across Facebook and YouTube.

PILAR GUZMÁN  
Editor In-Chief

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JUL/AUG 2021

9:05 pm — Stressed  
10:30 pm — Tired  
11:16 pm — Exhausted  
12:14 am — Content  
6:37 am — Restless  
7:45 am — Motivated



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# style

## SUN SMOOTHS

For all of us, long sun exposure may result in photodamage, which can cause your skin to lose elasticity and form facial lines, wrinkles, and dark spots. Sunscreen helps to take care of the health of your skin, and you should choose it in accordance with your phototype.

In 1975, dermatologist Thomas B. Fitzpatrick developed a phototyping scale based on the amount of melanin pigment in the skin. This way, the scientist described skin types and analyzed their reaction to ultraviolet light.

According to the Fitzpatrick scale, some skin types get tanned more smoothly and are less affected by the harmful sunlight, while others, on the contrary, are more sensitive to ultraviolet light, burn easily, and tan slowly and poorly.



# STYLE

## Phototype 1

People who belong to phototype 1 are not capable of producing much melanin. Their skin is very fair. They often have green or blue eyes and blonde or red hair.

The skin of this phototype is most sensitive. It almost doesn't get tanned and has a low resistance to sunlight. To protect it, people of phototype 1 should use a strong sunscreen (SPF 50+) and avoid long sunbathing.



## Phototype 2

The skin of phototype 2 is pale and highly sensitive. People with such skin usually have blonde hair, blue or green eyes, and freckles.

People of phototype 2 tan poorly, but the risk of sunburns is lower than that of phototype 1. They are also recommended to avoid sunbathing and to use sunscreen with at least SPF 30+.



## Phototype 3

Even though the skin of phototype 3 is quite fair, it's not as pale as the previous types. As a rule, people of this phototype have dark hair and blue or green eyes.

They can get slightly red during sunbathing, but later their tan becomes brown. To decrease the negative effects of sunlight, people with this skin type should use sunscreen with SPF 25+ or 20+ for moderate sun exposure.



## Phototype 4

People who belong to phototype 4 have light brown or olive skin and dark hair.

The skin of this phototype tans easily and gradually. During sunbathing, people with this skin type can use sunscreen with SPF 15+.



## Phototype 5

The skin of phototype 5 contains lots of melanin, and it's thicker and darker than fair skin. It tans readily and profusely.

Protective measures are important for this skin type too, but some creams can leave white marks on it. You should choose sunscreen while taking this factor into account. And if you plan to partake in intense sunbathing, you should use sunscreen with SPF 15.



## Phototype 6

The skin of phototype 6 has dark brown or even black color in it. It never burns and always tans well. Such skin should be protected, not from sunburns, but from photoaging since the tanning process can result in dark spots on the skin. During long sun exposure, people with the skin of phototype 6 are recommended to apply sunscreen with SPF 15.



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## STYLE



### GO FOR THE GOLD

A jewelry item can both enhance the beauty of and visually correct possible hand imperfections. Despite the fact that we all are unique, there are still some general recommendations when choosing rings.



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NEW

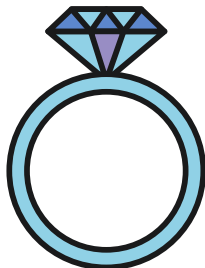
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# STYLE



## For long and thin fingers

If your fingers are thin and are longer than your palm then most rings with both simple and more complex designs will suit you. You can afford to wear even the most extravagant rings, while the Princess Cut, the Asscher Cut, and the Cushion Cut will enhance the natural beauty of your hand even more.

- What to avoid: Your fingers might look disproportional if you opt for a ring with a Pear Cut or a Marquise Cut gemstone.

## For long and large fingers

If you have a palm that is this shape (when fingers are long but don't look fragile), you can also wear any avant-garde jewelry item. Triple-stone settings will look good too. By the way, the cluster settings of the precious stones will only add harmony to your hand's image.

- What to avoid: Any minimalistic design. Thin rings with small stones will contrast with the size of your hand too much.



## For thin and short fingers

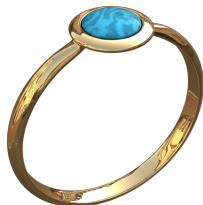
If you have miniature fingers and a thin small palm, a ring with stones in smaller sizes will look good on you. In this case, your hand will look proportional. In general, rings with a minimalistic design will suit you well. The central diamond can have an elongated shape like a Pear, a Marquise, or an Oval cut — and this will visually elongate the finger.

- What to avoid: Very large gems in an extravagant design — all of these will make a small hand look even smaller.

## For wide and short fingers

If your palm and fingers have a wide shape, pay attention to rings with horizontally-oriented gems that have a large surface area (like the Princess Cut or the Asscher Cut). Moreover, a wide brim helps fingers look longer.

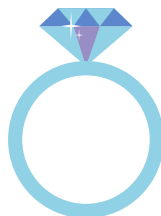
- What to avoid: Rings with narrow rims and minimalistic stones don't suit this type of hand.



## For rings with large knuckles

If you have large knuckles, then rings with a wide band will conceal them perfectly. Also, pay attention to rings with 3 or more gems — they will give your fingers a balanced look.

- What to avoid: Thin bands — they will make your knuckles look even bigger.



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# home



## FLUSHED AWAY

A clogged toilet is an unpleasant issue that requires a quick solution. Fortunately, in most cases, removing the clog is not that difficult.

# HOME

## Method #1: Try to remove the clog with the help of hot water.

Oftentimes, hot water is enough to remove a small clog.

1. Heat water in a pot but don't bring it to a boil.
2. Pour the hot water into the drain and wait a few minutes. If you see the water has started to drain slightly, it means you managed to weaken the blockage.
3. Flush the water 1-2 times to clean the toilet and remove the clog completely.



## Method #2: Use liquid soap.

If hot water doesn't work or you don't want to wait, try adding liquid soap.

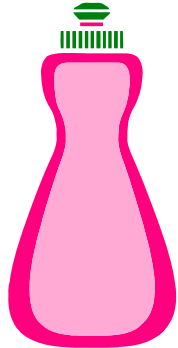
1. Pour about 1/4 cup liquid soap down the toilet.
2. Leave it on for 5-10 minutes so that it has time to go down the drain and get to the blockage.
3. Pour a small pot of hot water into the toilet and let it sit for a while.
4. Flush the water to check and see if the clog has been removed. In most cases, the soap acts as a mild lubricant and pushes the clog forward through the pipe.

## Method #4: Use chemicals for removing clogs.

1. Different chemicals work differently that's why you should make sure to carefully read the instructions before using any of them.
2. Add or pour the product into the toilet and leave it there for the time indicated in the instructions.
3. Flush the toilet drain with water.
4. If the clog is still there, try using another method or repeat the procedure using the same chemical product.

## Method #3: Dissolve the clog with a mix of baking soda and vinegar.

1. Scoop the water out of the toilet, leaving only a small amount in the drain.
2. Pour 1/2 bag of baking soda inside and try to push it further down the pipe.
3. Add 1 cup of vinegar to the baking soda and wait for the reaction to complete (about 25 minutes).
4. After the time has passed, add 1-1.5 gallons of boiling water into the toilet to remove the remains of the clog.



## Method #5: Use a plunger or a special cable for cleaning the canal.

How to use a plunger:

1. Install the plunger with the bowl down over the hole for the drain. The rubber should be completely immersed in water without air cushion formation.
2. Make several sharp pushing movements holding the handle of the plunger. Don't remove the tool from the surface of the toilet during the process.
3. Repeat the action several times.

A plunger can create pressure inside the toilet that will destroy the cork.

If the clog is located far into the pipe and the plunger can't reach it, use a cable to clean the toilet. To do this, push the cable through the pipe to the blockage and pull the cable toward you with twisting movements once you feel the clog. Flush the water to remove the cork.

✓ You can also use a wire coat hanger instead of a cable. To do this, untwist the hanger so that it's completely straight with the exception of the hook. Wrap a small rag, that you don't need, around the hook so you don't leave any scratches or damage on the porcelain and so you don't damage the pipe. Push the hanger down the drain until you find the clog and then pull it back. Flush the toilet to clear out the blockage completely.



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# health

## STAY HYDRATED

The amount of water you need daily is very individual. Depending on your gender, weight, age, and general lifestyle, you might need to drink way more or somewhat less than other people.



## How much water does your body need?

The amount of water is different for everyone. The European Food Safety Authority (EFSA) proposes the following recommendations for healthy water intake:

- Infants (6-12 months old) — 0.8-1.0 liters (27-33 fl oz) or around 3-4 glasses
- Children (1-2 years old) — 1.1-1.2 liters (34-42 fl oz) or around 5 glasses
- Children (2-3 years old) — 1.3 liters (46 fl oz) or around 5.7 glasses
- Children (4-8 years old) — 1.6 liters (56 fl oz) or around 7 glasses
- Boys (9-13 years old) — 2.1 liters (74 fl oz) or around 9 glasses
- Girls (9-13 years old) — 1.9 liters (67 fl oz) or around 8.3 glasses
- Adult men (older than 14) — 2.5 liters (87 fl oz) or around 11 glasses
- Adult women (older than 14) — 2.0 liters (70 fl oz) or around 9 glasses

You need to get around 20-30% of your water through the food and beverages you consume. Here are some of the products that are a perfect source of liquid:

- Cucumber — 96% water
- Lettuce — 95% water
- Red tomatoes — 94% water
- Strawberries — 92% water
- Watermelon — 92% water
- Peaches — 88% water
- Pineapple — 87% water
- Apples — 84% water

The amount of water your body needs can also depend on various conditions:

- Place where you live: If you live in more hot, dry, humid areas, mountains, or at a high altitude, then your body will need more water.
- Your diet: If you consume a lot of coffee or caffeinated beverages daily, your body can lose extra water through frequent urination. If you don't eat a lot of hydrating foods, but prefer salty, spicy, or sugary dishes, then your body will need extra water.
- Weather: During hot seasons, your body requires more water than during the cooler periods.
- Level of activity: Leading an active lifestyle and exercising frequently requires more hydration than if you mainly sit at a desk.
- Your health: Some health conditions can make you lose extra water, so you will need to drink more to restore it.
- Your weight: The more you weigh, the more water your body needs.
- Pregnancy and breastfeeding: If you are pregnant or nursing a baby, your body also requires more water.



## How to calculate the optimal water intake?

These simple steps can help you to estimate the approximate amount for your body:

1. Determine your weight.
2. Multiply your weight by 0.033 for kg and 2/3 for lbs — this will help you to determine your daily water intake basis.
3. If you work out, you need to consume additional 340 ml (12 fl oz) of water for every 30 minutes of exercise.

For example:

1. Your weight is 60 kg (132 lbs)
2.  $60 \times 0.033 = 2$  liters or  $132 \text{ lbs} \times 2/3 = 88 \text{ fl oz}$
3. For 75 minutes of daily exercise:  $75 / 30 \times 340 = 850 \text{ ml}$  or  $75 / 30 \times 12 = 30 \text{ fl oz}$
4. Your total water intake would be: 2 liters + 850 ml = 2.85 liters or 88 fl oz + 30 fl oz = 118 fl oz



This quiet moment is brought to you by nature.  
Also by FASENRA.

FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids.\* It's only 1 maintenance dose every 8 weeks† and has a convenient pen option.

Talk to your doctor or visit **FASENRA.com**. Think of this moment as a quiet victory.

**FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.**

\*Results may vary.

†The first 3 doses are given on day 1, week 4, and week 8.

#### IMPORTANT SAFETY INFORMATION

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

**Do not use to treat sudden breathing problems.**

**FASENRA may cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

**Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting [www.mothertobaby.org/fasenra](http://www.mothertobaby.org/fasenra).

- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

**Do not** stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

**The most common side effects of FASENRA include:** headache and sore throat. These are not all the possible side effects of FASENRA.

#### APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.

**Please see Brief Summary of full Prescribing Information on following page.**

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# IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

## What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

**Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. **Do not stop** taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting [www.mothertobaby.org/fasenra](http://www.mothertobaby.org/fasenra).
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Do not stop taking your other asthma medicines unless your healthcare provider tells you to.**

## How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.

- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. **See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.**
- If you miss a dose of FASENRA, call your healthcare provider.

## What are the possible side effects of FASENRA?

**FASENRA may cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

## The most common side effects of FASENRA

**include** headache and sore throat.

These are not all the possible side effects of FASENRA.

Call your doctor for medical advice about side effects.

You may report side effects to FDA at 1-800-FDA-1088.

## How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) **for up to 14 days.**
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- **Keep FASENRA and all medicines out of the reach of children.**

## What are the ingredients in FASENRA?

**Active ingredient:** benralizumab

**Inactive ingredients:** L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20,  $\alpha, \alpha$ -trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive.

Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at [www.fasenra.com](http://www.fasenra.com).

FASENRA is a registered trademark and FASENRA Pen is a trademark of the AstraZeneca group of companies.

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Manufactured for: AstraZeneca LP, Wilmington, DE 19850

11/19 US-30267

For more information, visit **FASENRA.com**  
Or call **1-800-236-9933**

 **Fasenra**<sup>®</sup>  
(benralizumab) Subcutaneous  
Injection 30 mg

AstraZeneca



# 5-MINUTE CRAFTS



July/August

**27**

JUL/AUG 2021



## *1 Headscarf, 7 ways*

A headscarf can become the brightest, most expressive part of your wardrobe. It can make your everyday look way more lively and original while also highlighting your elegant taste.

## Way No 1



- Unfold the scarf and put it above the hair behind your back.
- Let the ends hang forward and make a knot on the forehead.
- Tie the ends in a thick tourniquet.
- Make a bun and put the end of the scarf under the base.



## Way No 3

- Unfold the scarf and roll a fourth part inside.
- Put the scarf on the head and tie the ends in a knot on the back of the head.
- Take the left end and make a tourniquet.
- Roll the tourniquet around the head and bend the end inside from the right side.
- Make a second tourniquet using the right end of the scarf, wrap it around the head, and tuck the end inside from the left side.



## Way No 2

- Unfold the scarf and roll a fourth part inside.
- Put the scarf on the head and tie the ends in a knot on the back of the head.
- Take the left end and make a tourniquet.
- Roll the tourniquet around the head and bend the end inside from the right side.
- Make a second tourniquet using the right end of the scarf, wrap it around the head, and tuck the end inside from the left side.



## Way No 4

- Unfold the scarf and put it above the hair behind your back.
- Let the ends hang forward and make a knot at the forehead.
- Make a big bow using the ends.
- Tuck the ends of the bow inside.



## Way No 5



- Fold the scarf in half.
- Put the scarf on the head and tie the ends in a knot at the back.
- Take the left end and make a tourniquet.
- Wrap the tourniquet around the right end of the scarf on the back and make a tail.
- Wear the scarf like this or make another tourniquet using the right end of the scarf.



## Way No 7

- Unfold the scarf and roll the fourth part inside.
- Put another scarf (rolled into a thick bun) on the top of the head.
- Put the scarf on the bun, put it behind the back, and tie the ends in a knot at the back.
- Take the left end, roll it a little, wrap it around the head, and fold the end inside from the right side.
- Do the same with the right end and roll the end on the left side.

## Way No 6

- Make a thick strip and put it above the hair behind your back.
- Let the ends hang forward and tie them into a double knot on the forehead.
- Tuck the ends inside from the left and right sides.



They look ferocious,  
but inside they're just  
chicken raised with  
**no antibiotics ever.**



Keep it real.  
Keep it Tyson.



Look for **NO ANTIBIOTICS EVER!** on pack



# food



## A SLICE OF LIFE

A walnut sponge cake can be an ideal option if you want to eat something healthy for breakfast or as a snack. Walnuts offer multiple benefits to our health, as they're rich in antioxidants, vitamins, and minerals.



## Walnut Sponge Cake

### Ingredients

- 3 cups of sieved flour
- 3 tsp of baking powder
- 1 ½ cups of sugar
- 3 eggs
- 2 tbsp of butter at room temperature
- 1 cup of whole or skim milk
- ¾ cup of chopped walnuts



1. Grease the mold you'll be using and preheat the oven to 356°F (180°C).
2. Put the butter, sugar, and eggs into a bowl. Mix vigorously until all the ingredients are well-integrated.
3. Add baking powder and flour in batches, alternating with the milk.
4. Stir it well until the mixture is smooth and doesn't contain any lumps.
5. Add the walnuts and mix again.
6. Pour the mixture into a greased mold and bake for 40 minutes at 356°F (180°C). Take the cake out of the oven and cover it with a clean dish towel. Once it's cooled off, remove it from the mold. Now it's ready to be served.








Grill out  
s'more.

# TRY TELLING OUR FARMERS IT ISN'T REAL MILK.

*Real milk with no lactose.  
No artificial growth hormones.\*  
That's our Farmer's Pledge.*



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\*No significant difference has been shown between milk derived from rbST-treated and non-rbST-treated cows.



**Lactaid**  
100% real milk, no lactose.



## FOOD



### CREAMY SWEETS

If you have a hard time imagining life without chocolate, perhaps this dessert will make it even more difficult.



## Creamy Chocolate Mousse

### Ingredients

- 250 g of semisweet dark chocolate (chips or bar)
- 1 cup of heavy cream (keep half at room temperature and reserve the other half in the fridge)
- 1-2 tbsp white sugar (optional)
- 2-4 tbsp grated chocolate, walnuts, or chopped peanuts (optional, for garnish)

1. If you're using chocolate bars, chop them.
2. Melt the chocolate in a double boiler or bain-marie: Heat a large pot with water, and place a glass bowl on top. When the water starts boiling, pour the chocolate into the bowl. If you're using chocolate chips, put them in the microwave for 2 minutes, then remove and stir.
3. Pour half a cup of heavy cream, the one kept at room temperature, over the chocolate.
4. Stir steadily until the ingredients take on a creamy and uniform consistency. Remove the container from the stove and allow it to cool to room temperature.
5. Pour the cold heavy cream into a deep bowl and beat on medium speed for 2 minutes, or until half-whipped. Add the amount of sugar you want. You could also use a manual beater in this step, but keep in mind that the beating speed has to stay constant until the cream is fluffy.
6. With the help of a big spoon, add the melted chocolate little by little while continuing to mix with the blender or manual mixer.
7. Keep whisking gently. It is essential to keep the movement constant when mixing to avoid the melted chocolate from solidifying with the cold cream.
8. Once you have achieved a creamy and fluffy consistency, transfer the mousse to a piping bag and serve in individual portions.

- Decorate the mousse by grating chocolate on top of each portion, or by adding walnuts or chopped peanuts for a nutty flavor.
- If you are not going to eat it immediately, you can keep it in the fridge for up to 2 days.



**Makes  
broccoli less  
broccoli-ey.**



**For the win win**

© 2019 Kraft Foods



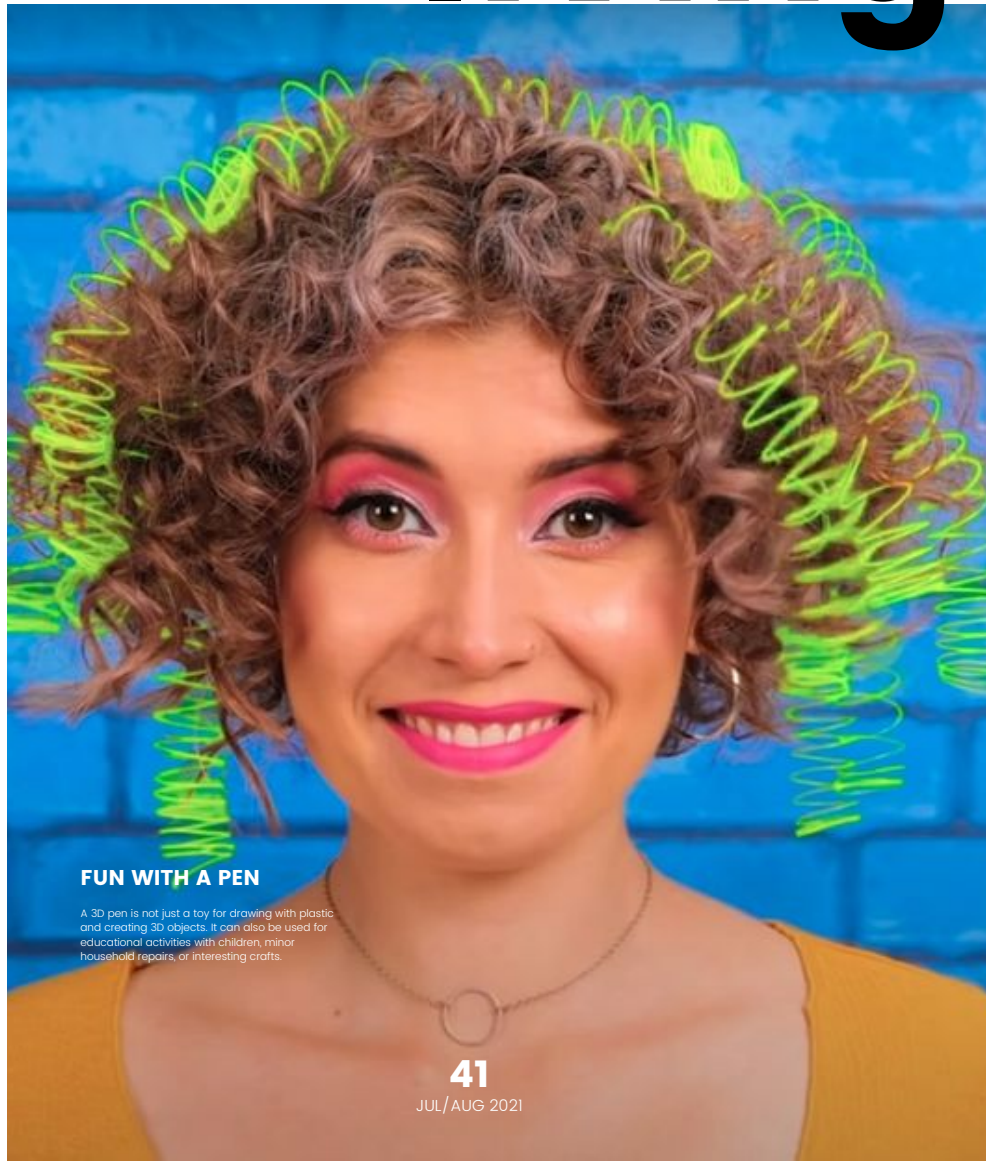


JUST AS MUCH  
IS SAID ON THE PLATES  
AS OVER THEM.



MADE WITH MILK FROM GRASS-FED COWS  
THAT GRAZE ON THE LUSH PASTURES OF IRELAND.

# living



## FUN WITH A PEN

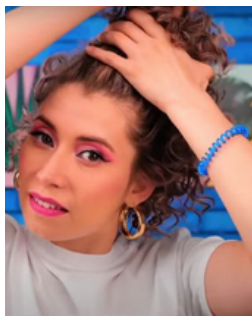
A 3D pen is not just a toy for drawing with plastic and creating 3D objects. It can also be used for educational activities with children, minor household repairs, or interesting crafts.





## Earrings and pendants

1. Use a dried leaf from any plant as a base. Create plastic strings using one side of it, evenly painting over the surface.
2. Take open earring hooks and attach the resulted leaves to them.
3. Peel off the real leaves from the craft.
4. Try using the leaves of different plants as a base to create unusual earring designs.



## A spiral hair tie

1. Take a pencil and wrap it with plastic strings to make a coil.
2. Continue wrapping around the pencil, moving toward the opposite end.
3. Make another ring there.
4. Remove the craft from the pencil and fasten the ends together by gluing them with the strings of the 3D pen. The finished craft can be used as a spiral hair tie or an interesting bracelet. For a high-quality craft, use FLEXY 3D pen plastic.



## Eyeglasses

1. Prepare stencils for glasses and 2 temples on a piece of paper. Paint over the frame of the glasses by outlining its contour.
2. Make horizontal stripes where the lenses should be.
3. Then outline and paint over the temples. To make them durable, put the plastic strings as tightly to each other as possible.
4. Use the pen to attach the temples to the frame. Your glasses are ready!



## A lampshade

1. Take an object whose shape will be the base for your lampshade. We used a flower pot. Draw a circle in the center — its diameter should be large enough for you to attach the lampshade to the lamp holder.
2. Draw a row of zigzags around the circle. Then draw a circle connecting the row of zigzags, then add another row of zigzags.
3. Continue until you reach the edge of the pot. If you wish, you can come up with your own grid design.
4. Remove the craft from the pot and attach it to the lamp holder.



# High blood pressure + joint pain?

TYLENOL® won't raise blood pressure  
the way that Advil®, Aleve®, or  
Motrin® sometimes can.

#1 Doctor Recommended  
OTC\* Pain Relief Brand for  
those with high blood pressure.



Talk to your doctor if you have  
any questions.

USE ONLY AS DIRECTED.

† ALL THIRD-PARTY TRADEMARKS USED HEREIN ARE REGISTERED TRADEMARKS OF THEIR RESPECTIVE OWNERS.  
\*OVER-THE-COUNTER  
©Johnson & Johnson Consumer Inc. 2021

# LIVING



## 3D print on a T-shirt

1. Draw the outlines of the letter on the front of the t-shirt. To make it easier, you can mark the connection points of the lines with a pencil before you start drawing.
2. Once the outline of the letter is ready, draw geometric shapes inside it, so that the lines that they are composed of intersect in the air, giving the letter a 3D look.
3. Finish decorating the letter as shown in the photo above.
4. The 3D print t-shirt is ready.



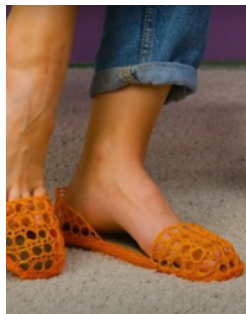
## A keychain

1. Prepare accessories for the keychain (you can use a chain from an old similar item). Draw a heart with the pen, and connect it to the outermost link of the chain.
2. Turn the heart over: on the other side, the texture will be neat and even. This side will be the front.
3. File the edges of the heart with a regular nail file or sandpaper.
4. The keychain is ready!



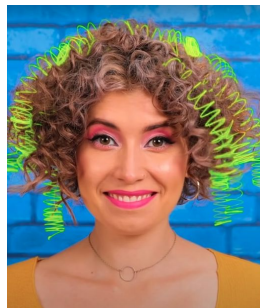
## A coffee cup sleeve

1. Use a regular paper cup as the base on which you will be making a holder.
2. Use the 3D pen to create a ring around the cup: try repeating the zigzag design shown in the photo above, or create your own.
3. Remove the finished ring from the cup.
4. Now you can use it as a sleeve for a reusable cup or paper cup with a hot drink inside.



## Home shoes

1. Take a ready-made cushioned insole. Roll up a ball of foil and cover it with plastic wrap. This will be the base for the shoe's toe. Now, you need to make it in a certain shape to make sure your feet feel comfortable. You can simply tuck this ball inside your regular sandals, shoes, or sneakers that you wear. Then place the crumpled ball on top of the insole.
2. Use the pen to outline it with circles connected to each other. Continue until the toe of your shoe is ready.
3. Attach the toe to the insole by making a thick connecting layer of strings between them. Before that, you can cover the parts with universal or silicone glue for better fixation.
4. If you want to, you can make the heel in the same way and connect it to the insole. You can use a satin ribbon as an additional fastener: pull it through one of the holes in the heel of the shoe and tie it around your ankle.



## A hair decoration

1. Take a hair clip. Use the 3D pen to make a small knot in the middle of the wide front part of the hair clip.
2. Pull a plastic string up from the clip, twisting it into a spiral right in the air. As a result, you will have a hair clip with a spiral that will look cool in curly hair.

# LIVING



## A hat

1. Take any semicircular object that can become the base for the hat — like half a watermelon, for example. Pull the plastic strings from the center to the bottom.
2. The farther the strings go from the edge of the watermelon, the wider the hat brim will be.
3. Now point over the strip of strings on the watermelon thoroughly.
4. The hat is ready. You can also decorate it with flowers or a satin ribbon.



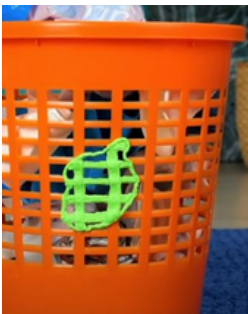
## A patch in the shape of a brooch or a badge

1. Start drawing a fox's face about a couple of millimeters away from the hole in the item of clothing.
2. Apply plastic strings close to each other so that the finished design serves as a reliable patch.
3. Draw eyes, a nose, and a mouth on the fox's face.
4. The patch is ready. It's recommended to hand wash the item of clothing in warm water, and to not iron the place where the patch is located.



## A glass coaster

1. Draw the design of the future coaster on a sheet of paper. Fill the circle with the main color of your choice.
2. Use other colors to draw the eyes and mouth of the smiling face.
3. Remove the finished craft from the sheet of paper.
4. Use it as a coaster for glasses or mugs.

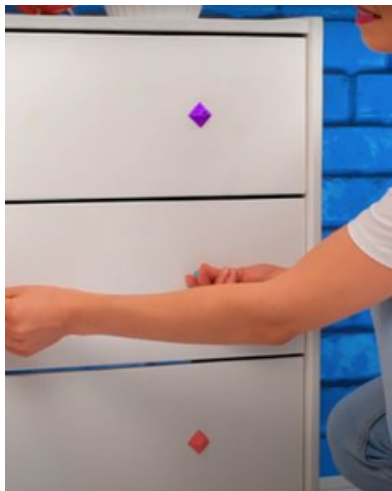


## A doll's hair and outfit

1. Paint over the doll's torso to make a top. Don't be afraid to experiment with colors and shapes, the design of the finished item fully depends on your imagination.
2. To make a skirt, draw knots on the doll's waist and pull the strings from them so that they freeze in the air. Add as many strings as possible so that the skirt fully covers the doll's body.
3. Use black strings to glue the curls to the doll's head. The more strings you add, the fuller her hairstyle will be.
4. The finished crafts can be removed. But the top and skirt has to be cut on one side to be taken off. However, you can glue them again using 1 to 2 strings each time you dress the doll.

## Repairing a bin or a basket

1. Clean the hole and file off any sharp edges with a nail file or sandpaper.
2. Join the edges with plastic strings to restore the original mesh.
3. To make the construction durable, use many strings laid on top of each other in several rows.
4. Additionally, you can circle the finished "patch."



## Handles for a chest of drawers

1. Plastic strings stick to a rough surface best of all, so first, you need to sandpaper the places for the future handles. Mark the corners of the diamonds with a pencil. Start applying strings as shown in the photo above. Make the first row to get a diamond.
2. To make the handle draw in the shape of a pyramid, make a few more rows, placing the strings of each successive row in the gaps between the strings of the previous row, gradually moving away from the edge. Continue until you get a pyramid.
3. Make other handles, in the same way, using different colors.
4. The handles are ready. You can use additional all-purpose glue to secure the handles tighter to the chest of drawers.



## A bicycle

Before you start, make a diagram of the bike parts. Sizes may vary. The easiest way is to measure a real bike and write the measurements down so you can use them later for a stencil.

1. Draw the outlines of the bike parts on tracing paper, following the measurements you wrote down (in a 1:1 ratio).
2. Start painting the parts over by applying strings directly onto the tracing paper, tightly against each other.
3. Add new layers to give each detail the desired volume.
4. Stack the strings tightly on each other so that one part doesn't have unnecessary hollows.
5. Make small screws and nuts to hold the parts together, in the same way.
6. Use a drill to make the desired holes in the finished parts.
7. Connect the parts together.
8. Use a 3D pen to glue parts, screws, and nuts.
9. Attach an elastic band instead of a chain. Done! You won't be able to use this bicycle like you would a real one, but it can become a nice decoration for your home or garden.

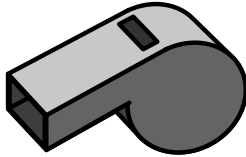


## A phone case

1. Apply the plastic strings of the 3D pen to the back of your phone in a random pattern. Leave the logo and camera lenses uncovered.
2. The more knots and curls you add, the thicker the cover will be. Remove the phone and put baking paper on top of the future case, then iron it with a hot iron to melt the strings.
3. Once the top panel is ready, start working on the edges. Place the strings close to each other so that the sides of the case are firmly attached to the phone. Remember to leave holes for the connectors and buttons. Let it dry. This way, you can create cases with different designs and give them to your friends. By the way, this case will also become a shockproof cover for the phone.



# TIPS & TRICKS



## How to Whistle

Learning how to whistle without using your fingers is not as hard as it might seem. All you need is a little bit of patience and practice, and the positive results won't take long.

### METHOD 1:

Step 1: Position your bottom lip — tighten your bottom lip around your bottom teeth. Make sure you don't curl it, but just pull it onto them.

Step 2: Position your tongue — Press your tongue against your top teeth. Don't hold it too tight to your palate and teeth, but pull its tip a little bit down. Start by gently blowing air out. As you do this, pay attention to how the air comes out. It needs to pass right at the front of your tongue, through your front teeth.

Step 3: Combine everything — Bring your lip and tongue together. Start blowing the air out, making sure it passes just between the tip of your tongue and your front teeth.

As you keep doing this, you will start noticing that the sound becomes more high-pitched.

Step 4: Tighten up — When you finally start hearing that the sound is becoming more high-pitched, bring your bottom teeth and your lip a bit closer to your top teeth and the top of your tongue. Keep blowing the air out.

Tip: As you do this, you might feel tired in your cheeks. It will take you a little bit of time to develop the technique. However, practice makes perfect!

### METHOD 2:

Step 1: Say the word "Sam" several times in a row and pay attention to the position of your tongue. As you press its tip against your palate, you should hear a hissing sound.

Step 2: Lick your lips and curl them over your gums. Try to say "Sam" again. Then, stop the "am" part and say just "s." After some practice time, you will be able to hear something that resembles a whistling sound.

Step 3: Close your lips a little bit more. Breathe in and blow the air out in a short burst.

## CHILL & DRAW



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Dear Evan Hansen,

Today is going to be an amazing day and here's why: because, today, all you have to do is just be ~~yourself~~ yourself?

Turns out, this wasn't an amazing day after all. Because why would it be?

I wish everything was different. I wish I was part of something. I wish anything I said mattered to anyone. I mean face it, would anyone even notice if I disappeared tomorrow?

Sincerely, your best and most dearest friend:  
Me

# DEAR EVAN HANSEN

FROM THE SONGWRITERS OF  
LA LA LAND AND THE GREATEST SHOWMAN

AND THE DIRECTOR OF WONDER AND  
THE PERKS OF BEING A WALLFLOWER

ONLY IN THEATERS  
SEPTEMBER 24

